



SOUTHEAST IOWA LINK (SEIL)

MENTAL HEALTH AND DISABILITY SERVICES REGION

**DES MOINES, HENRY, JEFFERSON,
KEOKUK, LEE, LOUISA, VAN BUREN
& WASHINGTON COUNTIES**

With the recent COVID-19 events, individuals may find this time of increased uncertainty causing some increased stress and anxiety. If you're experiencing an emotional crisis, please reach out. Below are some resources available in the Southeast Iowa Link Region.

Crisis or Help Lines

CommUnity 24/7 call or text: 855-325-4296 **CommUnity** chat: IowaCrisisChat.org

National Suicide Prevention Lifeline: 800-273-8255 **National Suicide Prevention Crisis Text Line:** TEXT "Go" to 741741

SAMHSA Disaster Distress Hotline: 800-985-5990 **SAMHSA Text Line:** TEXT "TalkWithUs" to 66746

Your Life Iowa call: 855-581-8111 **Your Life Iowa** text: 855-895-8398

COVID-19 information can be found by calling 211 or your local Department of Public Health agency.

Local SEIL mental health providers are closely monitoring recommendations by the CDC and Iowa Department of Public Health regarding the COVID-19 pandemic and are here to offer support and are making adjustments, as needed, to best support our communities in meeting their mental health service needs.

Please contact your mental health professionals by phone to discuss treatment options.

Des Moines County:

Community Health Centers of SE Iowa: 319-768-5858
Great River Mental Health Care Associates: 319-768-3700
Optimae Life Services: 319-754-4618
Young House Family Services: 319-752-4000

Henry County:

Hillcrest Family Services/Community Mental Health Center: 319-385-7177
Optimae Life Services: 319-385-2830

Jefferson County:

Optimae Life Services: 641-472-5771

Keokuk County:

Keokuk County Medical Clinic: 641-622-1170
River Hills: 641-224-8061

Lee County:

Community Health Centers of SE Iowa: 319-524-5734
Counseling Associates: 319-313-2874/319-372-7689
Optimae: 319-524-5106/319-372-3566
Young House Family Services: 319-524-2386

Louisa County:

Hillcrest Family Services/Community Mental Health Center: 319-527-4455

Van Buren County:

Optimae Life Services: 641-472-5771

Washington County:

Hillcrest Family Services/Community Mental Health Center: 319-653-6161
Grace C Mae Advocacy Center: 319-653-2930